



8. Werraenergie Pleßlauf

Breitungen / 21.08.2011

Detailed evaluation

Weigel, Christoph

Club: LV Sonneberg

Number: 926

Course: 30.00 km

30 km-Lauf

Category:

Männer M20

Total time: 2:22:50

Speed: 12.60 km/h

Running performance: 4:46 min/km

Rank in course/Total: 3 (of 31)

Rank in course/Men: 3 (of 26)

Best time in course: 2:17:12

Rank in category: 1(of 3)

Best time in the category: 2:22:50

Intermediate times

Stage score

Total ranking

Control	Split	Split	Split	Pos	Behind	Pos	Behind	Total	Total	Total	Pos	Behind	Pos	Behind
	km	Time	min/km	Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men
Pleß	18.00	1:26:04	4:46	1	-	3	2:45	18.00	1:26:04	4:46	1	-	25	
Pleß	4.00	22:25	5:36	1	-	7	2:37	22.00	1:48:29	4:55	1	-	25	
Festplatz	8.00	34:21	4:17	1	-	4	2:03	30.00	2:22:50	4:45	1	-	3	5:38